



CORE STRENGTHENING WORKSHOP

**Don't Miss This
Workshop!**

Presented by: Sarah Thomas, PT

March 24, 2011, Thursday, 5:30 pm to 7:00 pm

Fee: \$10.00 (PLEASE RSVP)

Muscles of The Core Region

Abdominals: rectus abdominis, transversus abdominis, internal and external abdominal obliques

Hip Musculature: iliopsoas; rectus femoris; sartorius; tensor fasciae latae; pectineus; gluteus maximus, medius and minimus; semitendinosus; semimembranosus; biceps femoris; adductor brevis, longus, and magnus; gemellus superior and inferior; obturator internus and externus; quadratus femoris; piriformis

Spinal Musculature: erector spinae; quadratus lumborum; paraspinals; trapezius; psoas major; quadratus lumborum; multifidus; iliocostalis lumborum and thoracis; rotatores; latissimus dorsi; and serratus anterior

**YOU WILL NOT BELIEVE ALL THE
VALUABLE INFORMATION YOU CAN GET
FROM ONE WORKSHOP !**

- **Learn the core exercise myths**
- **Learn what exercises NOT to do**
- **Learn how to safely progress**
- **All levels of core exercises presented**
- **High level exercises safe for all conditions:**
osteoporosis herniated discs
back and neck pain



Save
The
Date

Vital to balanced posture
Crucial to maximum athletic performance
Essential to injury prevention

Bring a friend and you
both attend for
FREE !



Beneficial for:

- * Balance
- * Painful Conditions
- * Athletic Training



Come Ready to Exercise !

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